

Halibut with Herbed Butter and Lemon Zest

Ina Garten's show, *Be My Guest*, from Julianna Margulies



Servings: 4

NOTE: If your halibut is less than 1" thick, adjust cooking time down so it won't overcook (i.e., 3/4" would need 2 minutes each side)

1. HERB BUTTER (if time permits, prepare butter one hour ahead): in a small bowl, combine the butter, garlic, chopped herbs, and lemon zest plus salt and pepper to taste. Mix thoroughly and transfer to a small saucepan and set aside.
2. HALIBUT: Heat the olive oil in a grill pan over high heat. Sprinkle the halibut generously on both sides with salt and pepper. When the grill pan is hot, place the fish on the pan, and cook for about 3 minutes on one side. Do not move the fish.
3. Meanwhile, heat the herb butter just until melted.
4. Turn the fish over, lower the heat to medium, and pour most of the melted herb butter over the fish. Cover the pan with a lid or a piece of aluminum foil, turn off the heat, and allow to sit for 3 minutes.
5. SERVE: place the fish on a heated serving platter, spoon the herb butter from the pan over the fish, then add any reserved herb butter you set aside, sprinkle with extra parsley and lemon zest. Serve hot.

HERB BUTTER:

- 8 tablespoons unsalted butter, softened
- 2 garlic cloves, minced
- 1 tablespoon fresh rosemary leaves, minced fine
- 1 tablespoon Italian parsley, minced, plus extra for garnish
- 1 tablespoon fresh chives, minced
- 1 tablespoon fresh thyme, minced
- 1 tablespoon fresh sage, minced
- 1 teaspoon lemon zest, grated
- Kosher salt and freshly ground black pepper

HALIBUT:

- 2 tablespoons extra virgin olive oil
- 2 pounds halibut fillets (6 to 8-ounce each) about 1" thick, skinless
- salt and pepper to taste
- 2 tablespoons lemon zest, for garnish

Per Serving (excluding unknown items): 476 Calories; 33g Fat (62.4% calories from fat); 43g Protein; 2g Carbohydrate; 1g Dietary Fiber; 172mg Cholesterol; 159mg Sodium; trace Total Sugars; 11mcg Vitamin D; 45mg Calcium; 1mg Iron; 1026mg Potassium; 548mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com